



**Robert E. Bush**  
Naval Hospital

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**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

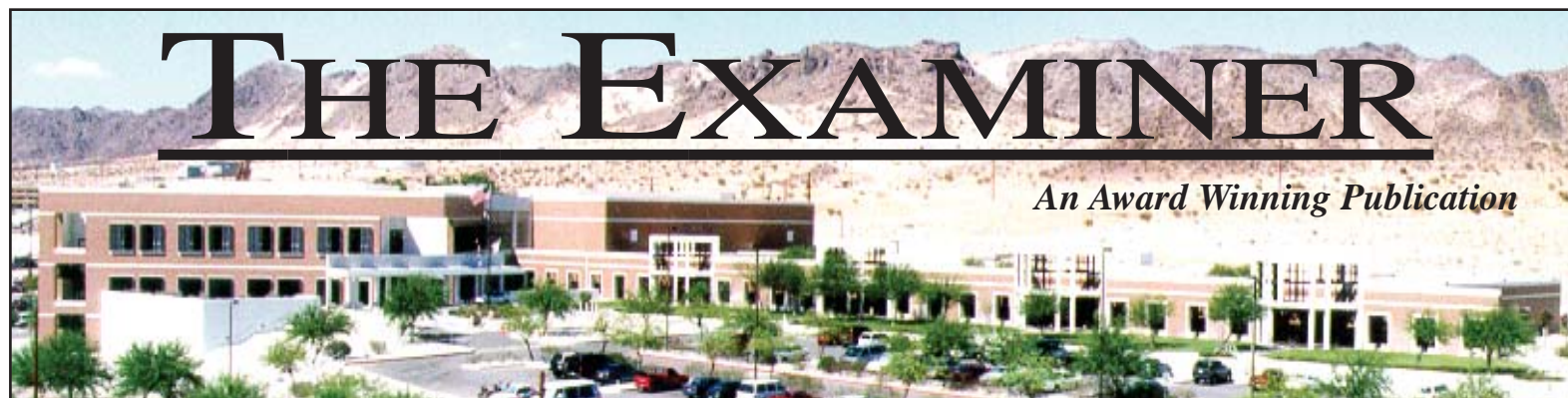
E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org)  
Fax: 630-792-5636

The Joint Commission  
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Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

# 116th Corpsman Birthday Takes Luau Theme

*By Dave Marks*  
**NHTP Public Affairs Officer**

The 116th Corpsman Birthday celebration had a luau theme at the Desert Winds Golf Course June 13. Sailors, their families and staff took a break from the tradition of dress-white uniforms to don Hawaiian shirts and tropical attire to enjoy a casual evening of fun under the stars. And while "aloha" was heard frequently, the word's origins, meaning love, conveyed the deeper meaning as love for ship, shipmates and country were on full display.

The NHTP First Class Petty Officers Association created a family-themed evening with air-inflated bounce houses (securely grounded to avoid a wind-borne event), archery, miniature golf, dancing and plenty of luau-themed food, including two roast pigs.

"We anticipated 250-275 people attending," said Petty Officer First Class Raul Cervantes, president of the local First Class

Petty Officers Association. Cervantes said it was "phenomenal" when ticket sales hit the 300 mark. Command Master of Arms (MA1) Steven Adams set the tone as DJ offering lively hits ranging from Cool and the Gang to David Bowie to Australia's pop phenom, Lord. A good dance beat was the only requirement. As the evening lengthened, such standbys as the Electric Slide and Cupid Shuffle energized the dance floor.

"A lot of children came out and had fun," Cervantes noted. All of the effort that went into the event was done on a volunteer basis. Hospital personnel (Blue side) worked alongside battalion aid station (Green side) personnel. "There was no one assigned to any particular task," Cervantes explained. They saw what needed to be done and did it.

Cervantes said that while the bulk of the funds came from golf tournaments, car washes, and food sales, the First-Class Association is continuing to pay

for the event with proceeds from the Association's softball tournament also slated to off-set costs.

Hospital Corpsman Chief (Retired) Thomas M. Teleha was guest speaker, recounting his career as a corpsman (member of the team that gave physicals to the President; Chief Petty Officer, 1st Marines, 3rd Battalion, 4th Marine Regiment; Senior Medical Representative for 1st Tanks), and spoke about the awesome responsibility as well as the camaraderie, fellowship and sense of dedication Navy Corpsmen experience.

After retiring in 2009 with 23

years on active-duty, Teleha now heads the Traumatic Brain Injury Clinic at NHTP.

Jennifer Flores, NHTP customer relations officer, attended the event with her three children, ages 10 months, 14 and 16. "This was the first time I attended a family-friendly Corpsman celebration," Flores said. "It was different," she said. "Usually people are dressed up and wear their uniforms." She said she enjoyed the casual, family-oriented theme and seeing the hospital command relaxing and celebrating together.

Aloha!



**Thomas M. Teleha, HMC (Retired) (SS / FMF), guest speaker at the 116th Corpsman Birthday celebration, talks about his experiences during his 23 years of active-duty service and the awesome responsibility, commitment and comradery that comes with being a Navy Corpsmen. For more pictures, please see page 8.**

**Patients seen in May -- 11,286**

**Appointment No Shows in May -- 1,098**

In May we had an 8.1 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms*.

**To make an appointment call -- 760-830-2752**

**To cancel an appointment call -- 760-830-2369**





**Pastor Albert Perez**

Naval Hospital Twentynine Palms has a new chaplain to fill in when Chaplain Ronald Cooley is away. Pastor Albert Perez of the Little Church of the Desert, Twentynine Palms, is a Christian, non-denominational pastor with a bi-lingual ministry. Chaplain Perez has roots in both the local community and the Combat Center. He has lived in Twentynine Palms since 1977 and retired in 1989 as a gunnery sergeant after serving as administrative personnel chief for Tanks, Artillery and the LAV Test Directorate. Chaplain Perez then spent the next 15 years as a dispersing officer for the MCAGCC Finance Office. He met his wife of 45 years, Evila (nickname, Billy) in high school in Corpus Christie, Texas. He met Chaplain Cooley while serving as president of the Ministerial Association in Twentynine Palms. "Chaplain Cooley was also a member of the ministry before getting the job at the Naval Hospital," Perez recounts. "We've kept an on-going relationship. We share moments together, pray together." When the NHTP Diversity Committee was brainstorming ideas for a guest speaker for Hispanic Heritage Month last October, Chaplain Cooley suggested Pastor Perez; and NHTP had its first introduction to the gunnery sergeant chaplain with the "special skills" that propel him to succeed at whatever he tries.

If you don't see Pastor Perez in the Chaplain's Office, you may see him in the nearby hills. He enjoys running four miles four times a week with his dog, Diesel. He enjoys participating in the NHTP Ridge Run and ran this year's 8-kilometer run in 66:06. He regrets that age brackets are no longer a part of the race. "I figure, being 65 I could come in first, because there aren't that many 65-year-olds running," he said.



**HM2 Claudia Duranramos, NHTP Multi-Service Ward, shows off her bag of goodies at the MCCS Star-Spangled Babies Shower at the Base Community Center June 6. Seventy-five expectant mothers attended the event for Operation Homefront.**



## **Thank you American Red Cross!**

*(L-R) Lt. Sonny Shotwell, Cmdr. Wendy Pinkham, Lt. Hannah Hooten, Mr. Jim Ansell, American Red Cross MCAGCC Station Chairman, NHTP Commanding Officer, Capt. Jay Sourbeer, Ms. Lynn McBain, Cdr. Wendy Stone, Ms. Tanya Stuckey; kneeling: Lt. Joseph Garrett, Command Master Chief Carol Merricks show off the donated orthopedic models that are used to aid physical and occupational therapy patients in their recovery and in the understanding of their injuries. "The original reason for the creation of the Red Cross, was service to our armed forces," Jim Ansell said. "The original Red Cross Charter, approved by Congress, was to provide services to the American armed forces; and that charter continues to this day," Mr. Ansell said. Mr. Ansell is a retired Petty Officer First Class (Crptologic Technician Maintenance).*

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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# Preventive Medicine Corner

*Submit Questions/Concerns and Tanya Will Provide Answers*



**Tanya Stuckey**  
*Editor's note: Questions and answers will resume next month.*

## What Color is Your Diet?

Summer recipes made with fresh fruits and vegetables are an excellent way to eat light, cool down and feel energized to face the rising temperatures. A variety of colors will ensure you are receiving the nutrients your

body needs. Vitamin C and beta carotene are found in orange fruits and vegetables.

Blue, think blueberries, help improve memory and aid in brain function. Lycopene and anthocyanin in red fruits and vegetables increase immunity. Reach for yellow to increase antioxidants for healthier skin, and to strengthen bones and teeth.

There is another way to go green for good health. Eating darker leafy greens are good for your heart; and broccoli and zucchini are known to reduce your risk for some cancers.

Were you a child who dreaded dinnertime when there were vegetables on the plate? Did you promise to save your children from the feared statement of, “You have to try it before you say you don’t like it” or “No dessert until your plate is clean!” For some, eating fruits and vegetables are not as

appealing as it may be to others. For those picky eaters who need the nutrients, but don’t like to eat their vegetables, I am including a recipe just for you!

**Fruit and Veggie Lovers:**  
Recipes are abundant; be creative with summer salads! Raw fruits and vegetables retain vitamins and nutrients best. For a great combination of cool citrus, and a lot of texture, try this crisp, sweet salad. Add grilled chicken for an extra kick of protein.

**Salad**

- dark leafy green lettuce
- chickpeas, drained and rinsed
- edamame beans
- finely chopped green peppers
- shredded carrots
- dried cranberries

**Dressing**  
*(Makes four servings)*

- 1 garlic clove, minced
- 1/4 cup olive oil
- 2 tbsp. fresh lemon juice
- 1 tbsp. red wine vinegar

include impotency and infertility, rotator cuff injury, cartilage damage, asthma, anxiety, depression, tendon damage and many more such injuries and illnesses. In the end, tobacco users lose at least 10 years of life due to tobacco related health problems such as diabetes, cancer, and heart disease.

The real cost of tobacco is in lost lives, decreased quality of life and not living long enough to enjoy everything you have worked hard so hard to enjoy.

Dr. Woodson calls for leadership to take an active role in reducing tobacco use DoD wide. Tobacco use in the military remains higher than in the DoD civilian population and in the nation at large. For example, the DoD uses smokeless tobacco at 10 times the rate of the nation as a whole.

To meet the call from Dr. Woodson to reduce tobacco use, the Naval Hospital’s Health Promotion and Wellness offers one-on-one tobacco cessation counseling. The four week class has been eliminated. The tobacco cessation counseling includes

- 1 tsp. Italian seasoning
- 1/4 tsp. ground cumin
- 1/2 tsp. sea salt
- 1/4 tsp. ground black pepper

**Healthier Sloppy Joes**  
Got a big appetite and looking for something hearty? This recipe aims to satisfy hunger, provide the necessary nutrients and have those veggie-avoiders coming back for more!

- 12 ounces 90%-lean ground beef or turkey
- 1 large onion, finely diced
- 2 cups finely chopped cremini mushrooms, (about four ounces)
- 5 plum tomatoes, diced
- 2 tablespoons all-purpose flour
- 1/2 cup water
- 1/4 cup cider vinegar
- 1/4 cup chili sauce
- 1/4 cup ketchup
- 8 whole-wheat hamburger buns, toasted if desired.

Crumble beef into a large non-stick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft and the moisture has evaporated, eight to 10 minutes. Add tomatoes and flour; stir to combine. Stir

both practical information on quitting tobacco as well as basic stress management and sleep education. Please call (760) 830-2814 for more information on quitting tobacco, reducing your stress, getting better sleep and living a longer healthier life.

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in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, eight to 10 minutes. Serve warm on buns.

## Help Kids Form Healthy Habits

**Be a role model**

- Eat healthy family meals together.
- Walk or ride bikes instead of watching TV or surfing the Web.

**Make healthy choices easy**

- Put nutritious food where it’s easy to see.
- Keep balls and other sports gear handy.
- Focus on fun.
- Play in the park, or walk through the zoo or on a nature trail.
- Cook a healthy meal together.
- Limit screen time.
- Don’t put a TV in your child’s bedroom.
- Avoid snacks and meals in front of the TV.

**Check with caregivers or schools**

- Make sure they offer healthy foods, active playtime and limited TV or video games.

**Change a little at a time.**

- If you drink whole milk, switch to 2% milk for a while, then try even lower fat milks.
- If you drive everywhere, try walking to a nearby friend’s house, then later try walking a little farther.

Quit smoking! You will save money, breathe easier; and you don’t have to go it alone. One-on-one tobacco cessation counseling is available through the Health Promotion and Wellness Clinic at NHTP.

On March 14, 2014, Dr. Jonathan Woodson, Assistant Secretary of Defense (Health Affairs), released a DoD memo encouraging reduction in tobacco use among the Department of Defense (DoD) community. The DoD is well aware that tobacco use affects combat readiness. Tobacco causes: damage to night vision (cuts night vision by as much as 50%), doubles the risk of PTSD, decreases fine motor coordination, increases need for water, decreases mental acuity, increases bone, muscle and tendon injuries, decreases wound healing, increases wound infections (by as much as 600 percent), decreases ability to deal with stress, increases foot blisters from marching, decreases stamina, increases body core temperature (thereby presenting a hotter target in an enemy night scope), decreases hearing in general and increases hearing damage when exposed to noise,

decreases lung capacity, and increases muscle fatigue.

People who use tobacco take twice as long for broken bones to heal and are twice as likely to need repeated surgery to repair the damaged limb.

Tobacco use also leads to more amputations due to decreased blood flow to arms and legs--further preventing healing after injury.

The most likely causes of early medical discharge from all branches of the military are tobacco-use related health problems due to injuries that don’t heal. The DoD spends almost \$1.6 billion annually for premature death and disability from tobacco use. This amount does not include the amount spent on non-debilitating health costs such as increased colds or asthma, costs from lost work days, or health care for dependents, veterans and retirees. In fact, tobacco use is also associated with excess training costs to the DoD of an additional \$130 million every year. Non-readiness related health problems due to tobacco use



# Super Stars...



**Lt. Richard Blair**

*Lt. Richard Blair receives a Navy and Marine Corps Commendation Medal (Gold Star in lieu of second award) for meritorious service while serving as department head, Occupational Medicine, Naval Branch Health Clinic, Naval Air Station Pensacola, Fla., from August 2010 to September 2013. Lt. Blair acquired \$40K in funding for upgraded audiometric equipment and expanded clinical services, reducing civilian referral expenditures by \$50K. Additionally, as chair of the Tri-Service Hearing Conservation Working Group, he streamlined administrative processes and aligned clinical coding practices with the Armed Forces Health Surveillance Center. Lt. Blair's distinctive accomplishments, unrelenting perseverance and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.*



**HM1 Samuel W. Riefler**

*Hospital Corpsman First Class (Fleet Marine Force) Samuel W. Riefler receives a Navy and Marine Corps Achievement Medal (Gold Star in lieu of second award) for professional achievement in the superior performance of his duties while serving as Field Medical Technician, 1st Medical Battalion, 1st Marine Logistics Group, 1 Marine Expeditionary Force, from July 2011 to February 2014. While assigned as assistant medical planner to the 11th Marine Expeditionary Unit, he supported pacific and Central Commands and provided invaluable medical guidance. His efforts let to a 97 percent medical readiness for over 2,000 personnel and allowed for successful bilateral training with foreign militaries. As 1st Medical Battalion's security chief, he ensured world-wide deployability and mission success by leading the timely processing of 251 isolated personnel reports, 18 security clearance investigations and 52 foreign travel requests. Petty Officer Riefler's initiative, perseverance and total dedication to duty reflect great credit upon himself and are in keeping with the highest traditions of the Marine Corps and the United States Naval Service.*



**HM2 Noah J. Sloan**

*Hospital Corpsman Second Class (Fleet Marine Force) Noah J. Sloan receives a Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as Hospital Corpsman, December 13, 2013. Petty Officer Sloan demonstrated remarkable initiative when an armored reconnaissance vehicle was struck by a civilian truck. On his way home from work, Petty Officer Sloan sprinted across three highway lanes to provide assistance. Assessing the Marines and finding them unharmed, he took control of the civilian, determining he was both in shock and very injured. Petty Officer Sloan administered aid to the injured man. His confident demeanor had a marked impact on the observing bystanders, keeping them calm and collected. Emergency service personnel who arrived attributed the civilian's stable condition directly to Petty Officer Sloan's efforts. Petty Officer Sloan's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.*



**HN Byron R. Geonzon**

*Commander, Navy Medicine West, takes pleasure in presenting a Letter of Commendation to Hospitalman Byron R. Geonzon for outstanding performance of his duties while serving as a General Duty Hospital Corpsman, Multi-Service Ward and Labor and Delivery Unit, Naval Hospital Oak Harbor, Washington, from March 2012 to March 2014. Demonstrating superb clinical skills and dedication, Hospitalman Geonzon assisted in over 200 deliveries and the postpartum care of over 500 new mothers and their newborn infants. As Directorate Safety Petty Officer, he completed proper labeling of 1,811 safety data sheet products ensuring 100 percent safety readiness. He superbly led and trained 10 junior Corpsmen with his knowledge of of patient care and his attention to detail while ensuring the Multi-Service Ward maintained its 98 percent customer service satisfactory rating. Hospitalman Geonzon's professionalism and devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.*



**HM2 Silvia Blas, Staff Education and Training Department, was promoted to her current rank.**

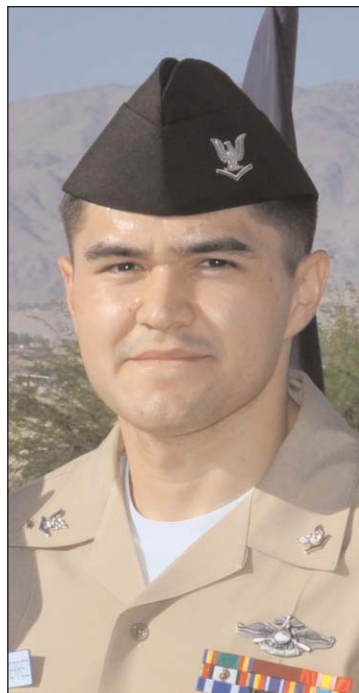


**HM2 Tam M. Chu, Adult Medical Care Clinic, was promoted to his current rank.**



**HM3 Benjamin P. Kaplan, Multi-Service Ward, was promoted to his current rank.**





**HM2 Adalberto Gutierrez, Human Resources Department, was promoted to his current rank.**



**HM3 Christopher Moran, Main Operating Room, was promoted to his current rank.**



**HM2 Shawn K. Awan, Adult Medical Care Clinic, was promoted to his current rank.**



**Lt. Daniel Crouch gets an assist with his shoulder boards by wife, Jessica, and Lt. Sonny Shotwell. Crouch was promoted to his present rank on June 6. He's been in the Navy two years and hails from Rexburg, Idaho. At NHTP, Lt. Crouch serves as Environmental Health Officer for the Public Health Directorate.**



**HM3 Carissa L. Munoz, Patient Administration Department, was promoted to her current rank.**



**HM3 Darius L. Woods, Public Health Directorate, was promoted to his current rank.**



**YN3 Fa'afiuloto V. Nadore, Human Resources Department, was promoted to her current rank.**



**Forces Master Chief Brannon Knox (left) administers the oath of office to Lt. Felicia Mendez June 6 as NHTP Commanding Officer (acting) Capt. Angela Nimmo looks on. Lt. Mendez is originally from Latrobe, Penn., and has been in the Navy 18 years. She was commissioned in 2010 and served in an enlisted status from 1995 to 2010.**



**CS3 Raven S. Campbell, NHTP Galley, was promoted to her current rank.**



**HM3 Julian F. Ortiz, Public Health Directorate, was promoted to his current rank.**



**HM2 Siarhei Kulinkovich, Multi-Service Ward, was promoted to his current rank.**



1-800-TRICARE (874-2273); Option 1  
24 hours a day, 7 days a week



# Introducing New Staff -- Welcome Aboard!



**Brandon K. McKenney**

*Brandon McKenney arrived at NHTP after spending a year with the 1st Reconnaissance Battalion out of San Diego where he was a line Corpsman with Charlie Company. McKenney has successfully completed Marine Combat Dive School and the Navy Diving Medical Technician course and intends to earn qualification as a Special Amphibious Reconnaissance Corpsman. McKenney has been in the Navy nine years and calls Canton, Ohio, home. He has completed some college and looks forward to working on his undergraduate degree during his time in the high desert. "Staying active," McKenney replies when asked about off-duty activities. He enjoys swimming, diving, and water polo. "I also like to run, hike, and climb," McKenney said. He's heard great things about Joshua Tree and plans to rock climb and explore.*



**Leslie Belt**

*Leslie Belt, social worker, was a domestic violence counselor for MCAGCC's Family Advocacy Program where she worked for the past three and a half years. At NHTP, she will be a licensed clinical social worker for primary care (Blue and Gold Teams). Belt sees her role as primarily an acute crisis management counselor. The most rewarding aspect of her job is working with military families. "I love working with service members and their families," she said. Originally from Springfield, Mo., Belt is married to a Marine gunnery sergeant assigned to the Marine Corps Tactics and Operations Group (MCTOG). Belt earned her undergraduate degree from Northwest Missouri State and her Master's Degree from Cal State San Bernardino. The Belts have one son, age 5. For relaxation, Belt enjoys reading and playing with her son.*



**HM1 Daniel Gonzalez**

*HM1 Daniel Gonzalez arrived at NHTP to join the Radiology Department. He arrives from Camp Pendleton where he was a radiology technician for the past four years. Originally from El Paso, Texas, Gonzalez has been in the Navy for nine years. He and his wife, Edica, have three boys and one girl ranging in age from 8 to 17, and plan to reside in Base housing. Gonzalez has earned his advanced x-ray technologist credential and is currently applying to National University to enter their physician's assistant program. "I'm up for the new challenge," Gonzalez said in response to a question about how he likes the high desert. "I love playing football, baseball, softball, soccer," Gonzalez said. He's been coaching since 2006 and hopes to continue to coach for the Twentynine Palms community.*



**Deirdre Kruse**

*Deirdre Kruse is NHTP's newest licensed clinical social worker. She had a private practice in Michigan for the past 10 years where she specialized in cognitive behavioral therapy, PTSD, Mindfulness therapy, working with families and individuals. "I also did non-profit, working with Catholic Social Services," she said. Kruse has worked extensively with sexual assault and domestic violence victims. She has also worked with traumatic brain injury patients through the Rainbow Rehabilitation Center in Ypsilanti, Mich. A certified yoga instructor, Kruse is interested in building on and expanding the command's yoga activity. She has a married daughter who lives in Santa Cruz, and a son who is earning his teaching degree with a minor in acting at the University of Michigan.*



**HM3 Daniel Singer**

*HM3 Daniel Singer spent the previous eight months as a general-duty Corpsman with the MCAGCC Combat Engineer Battalion. He's been in the Navy a little over four years, enlisted from Colorado, but calls Seattle, Wash., home. His previous assignments include a tour in Japan where he worked in the Occupational Health and Preventive Medicine departments. He said he liked it and learned a lot about Occupational Health, but appreciated getting back to direct patient care in the Battalion Aid Station. Singer is here with his wife, Risa. For relaxation, Singer enjoys playing guitar and reading, and just recently finished the Game of Thrones novel and enjoys medieval fantasies in general. When asked about his favorite Pandora station, Singer listed classic rock, ska, and beach music, with the common theme being, laid back.*





*Lt. j.g. Ryan Rigby (left) came took first place in the June 20 Ridge Run with a time of 28:59. Lt. Brent Edwards came in second with a time of 32:57; and Hospitalman Apprentice Michelle Medina (right) took the third-place medal with a time of 38:31. (Photo by HN Ronel Dalisay)*

## Bob Knight Retires after 43 years of Active Duty, Civilian Service



*BoB Knight (right) and his wife, Louise, at his hot-dog themed retirement ceremony June 27.*

In 1993 Robert (Bob) Knight, a retired Air Force Master Sergeant with 22 years of active-duty service, arrived at NHTP to start as central appointments records clerk. The next 21 years would see him move 18 times through various positions to eventually land at the same work station he had when he started. On June 27, Mr. Knight enjoyed a retirement ceremony surrounded by family, friends, co-workers and appreciative senior members of the NHTP Command. "I went from central appointment clerk, to health benefit advisor, to supervisor-central appointments, to access manager," he recounted. As Access Manager, he examined access to care for patients, using DEERS, Relay Health, Tri-Care Online, the Audio Care system, AHLTA and CHCS. But he's leaving it all behind to sail into the sunset with his wife, Louise. They have a Caribbean cruise planned for December and have already been on cruises to Alaska and through the Panama Canal. At his retirement ceremony, multiple awards, plaques and memorabilia were presented. When it was his turn to speak, Mr. Knight was choked with emotion and could only utter, "Thank you." He was later commended for his succinctness.

MBTA  
2X8

*Lt. Kenneth Argoncillo (left) receives is End-of-Tour Award from Cdr. Michael Sullivan. Argoncillo is member of the Family Medicine Gold Team. He's been at NHTP for the past three years and is originally from Guam. Lt. Argoncillo is in the Nursing Corps and currently has orders for Naples, Italy.*







## 116th Corpsman Birthday Luau

*Top left: Capt. Jay Sourbeer, NHTP Commanding Officer, replenishes the beverage table; bottom left: Celebrants enjoy the festive evening; top center: The Electric Slide never goes out of style; bottom center: The youngest Sailor present, Hospitalman Apprentice Darren Buduan, 1st Tanks, and the oldest Sailor present, Senior Chief Carl White, take sword to birthday cake; top right: HN Turkoyce Thomas sounds Taps; bottom right: MA1 Steven Adams "spins the discs" in the company of HM1 Andrea Turner.*

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VIP  
COLOR